



 **100%**  
HEALTH SCORE

## Balsamic Roasted Vegetable Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



85 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounce baby spinach leaves
- 2 tablespoons balsamic vinegar
- 1 pint cherry tomatoes halved
- 1 teaspoon rosemary fresh chopped
- 2 teaspoons thyme leaves fresh chopped
- 4 cloves garlic peeled
- 12 new potatoes halved
- 2 tablespoons olive oil

- 0.3 cup pinenuts toasted
- 2 large onions red cut into 8 wedges
- 6 servings salt to taste
- 2 large bell peppers yellow cubed seeded

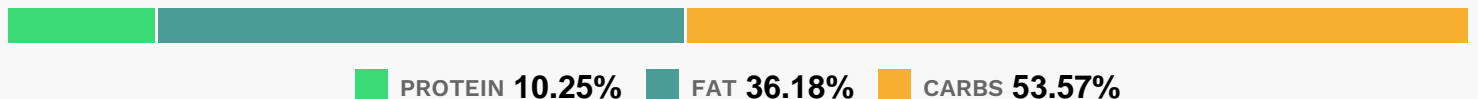
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- microwave

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
- Place potatoes into a microwave safe dish, and place into the microwave. Cook on High until the potatoes are just tender, 3 to 4 minutes.
- Place the potatoes into a large bowl along with the onion, bell pepper, garlic, and eggplant.
- Sprinkle with rosemary, thyme, and olive oil. Toss to coat the vegetables with olive oil, then season with salt to taste.
- Spread vegetables onto prepared baking sheet.
- Roast the vegetables in the preheated oven until they begin to brown at the edges, about 35 minutes. Stir in the cherry tomato halves, and continue cooking 15 minutes more.
- Toss the roasted vegetables in a large bowl with the pine nuts, spinach, and balsamic vinegar.

## Nutrition Facts



## Properties

Glycemic Index:44.63, Glycemic Load:15.97, Inflammation Score:-10, Nutrition Score:29.268261018007%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 4.17mg, Kaempferol: 4.17mg, Kaempferol: 4.17mg, Kaempferol: 4.17mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

## Nutrients (% of daily need)

Calories: 242.81kcal (12.14%), Fat: 10.36g (15.93%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 34.51g (11.5%), Net Carbohydrates: 28.85g (10.49%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 251.09mg (10.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.6g (13.21%), Vitamin K: 239.58µg (228.17%), Vitamin C: 171.56mg (207.95%), Vitamin A: 4977.69IU (99.55%), Manganese: 1.51mg (75.53%), Folate: 145.85µg (36.46%), Vitamin B6: 0.67mg (33.36%), Potassium: 1155.09mg (33%), Magnesium: 102.34mg (25.59%), Fiber: 5.65g (22.61%), Copper: 0.43mg (21.62%), Iron: 3.68mg (20.47%), Vitamin E: 2.79mg (18.62%), Phosphorus: 182.5mg (18.25%), Vitamin B1: 0.22mg (14.71%), Vitamin B3: 2.89mg (14.46%), Vitamin B2: 0.19mg (11.19%), Calcium: 93.32mg (9.33%), Zinc: 1.38mg (9.18%), Vitamin B5: 0.65mg (6.51%), Selenium: 1.91µg (2.73%)